

Post-Test Answer Key

True or False

1) Asthma is a curable disease

☐ True

☒ False

2) Nationwide, asthma is a leading cause of school absences.*

☒ True

☐ False

3) Montana law permits some students to self-carry their own asthma medication.*

☒ True

☐ False

4) Asthma medications, especially inhaled corticosteroids, are generally safe at the doses prescribed.*

☒ True

☐ False

Multiple Choice: Please select the best answer (or answers, where indicated).

5) Asthma affects about _____ Montana youth, aged 1-17 years old.*

☐ 17,000

☒ 10,500

☐ 21,000

☐ 25,000

6) What do students need on file at school in order for them to have medication kept at the school?*

☒ An authorization form signed by both a parent/guardian and a healthcare provider

- ☐ An authorization form signed by the parent
- ☐ An authorization form signed by both a parent and a school nurse
- ☐ Students do not need anything in order to have their medication kept at the school

7) Select three things (triggers) that might commonly cause a student to have asthma symptoms.*

- ☒ School bus exhaust
- ☐ Crayons
- ☐ Classroom fish tank
- ☒ Strong perfumes or colognes
- ☒ Lots of pollen in the air
- ☒ Having a cold or the flu

8) What are the 2 main types of asthma medications?*

- ☐ Antihistamine medication
- ☒ Controller medication
- ☒ Quick-relief or rescue medication
- ☐ Long-acting stimulant medication

9) Choose two common early warning signs of an asthma attack:*

- ☐ Earache
- ☐ Upset stomach
- ☒ Wheezing
- ☒ Coughing

10) Of the two main types, which one type of medication should all students with asthma have stored at your school?*

- ☒ Quick-relief or rescue medication
- ☐ Antihistamine medication
- ☐ Controller medication
- ☐ Long-acting stimulant medication

11) Choose 2 things that you should do if a student starts showing asthma symptoms:*

- ☐ Give them an injection of epinephrine

- ☒ Monitor the child to make sure they improve
- ☒ Consult the child's asthma action plan for the appropriate step to take
- ☐ Have the child lay down

12) Choose 2 signs that a student's asthma is getting worse and 911 should be called:*

- ☐ The student becomes very thirsty
- ☒ The student's neck muscles are pulling in and her nostrils are flaring as she breathes
- ☒ The student is reacting sluggishly
- ☐ The inhaler medication administered has improved her symptoms

13) The 2 main causes of airway narrowing during asthma attacks are:*

- ☐ Increased breathing rate and mucus production
- ☒ Inflammation
- ☒ Muscle tightening
- ☐ Excessive coughing
- ☐ Increased saliva production

14) Which is the MOST common way to trigger an anaphylactic reaction?

- ☒ Ingestion (eating)
- ☐ Inhalation (breathing in)
- ☐ Skin contact (touching)
- ☐ None of the above

15) Select 2 steps that you should take if you believe that a student is experiencing symptoms of anaphylaxis.*

- ☒ Call 911
- ☒ Administer epinephrine
- ☐ Direct the student to use his/her inhaler
- ☐ Before doing anything, wait to see if the student gets better

16) Anna, a third-grader whom you know has asthma and a host of allergies, is out at recess while you are on duty. Suddenly, a crowd of other students begin running toward you, yelling your name, while pointing backward at Anna. They tell you that she was just stung by a bee, and that she's turning red and itchy. You:*

- () Go sit by Anna and talk to her to calm her down.
- () Watch for signs of anaphylaxis, and call Anna's mother to let her know what happened.
- (X) Yell for another teacher to call 911 and to get Anna's EpiPen from the classroom. You stay with Anna.
- () Call Anna over to you and ask her where her EpiPen is stored.

17) You're watching your class on the playground and see that Chris, who has asthma and was just playing tetherball, is now crying. As you make your way over to him, he starts making high-pitched sounds, and then doubles over. You ask him what's wrong but he only shakes his head. What is most likely going on? What do you do?*

- () He is showing signs of anaphylaxis. You grab his EpiPen and inject the medication into his left upper thigh.
- () He is showing early signs of an asthma attack. You grab his inhaler and have him take 2 puffs.
- () He is showing late signs of an asthma attack. You grab his inhaler and have him take 2 puffs. Afterwards, you call his doctor to notify him of the situation.
- (X) He is showing late signs of an asthma attack. Already familiar with Chris's Asthma Action Plan, you tell another teacher on recess duty to call 911 and Chris's doctor, then grab Chris's rescue inhaler and administer 2 puffs. By the time the ambulance arrives 10 minutes later, you have administered 2 more puffs of the medication.

18) You're one of the teachers assigned to volleyball during an end-of-the-year field day. Mid-game, Sarah, a 7-year-old with asthma, comes to you and says that she is wheezing. You lean down to listen, and sure enough, you hear a slight wheeze. You agree that she should have her inhaler (she is allowed to carry her inhaler with her), but before she takes it, you notice that the puff counter on the canister reads "0." What should you do?*

- () Let her take a puff anyway. She'll get a placebo effect from just feeling like she's getting the medication.
- () Tell her that there are no more puffs and that she should just let you know if her wheezing gets worse, and let her go back to the game.
- () Let her take 2 puffs from Allie's inhaler, since they are the exact same medications.
- (X) Call Sarah's mother to let her know that Sarah needs a new inhaler right away.

19) It's a sunny December day, but the thermometer outside reads 33°F. It's the period before recess. What should you have in mind regarding those with asthma?*

- (X) They may need to take their quick-relief medication 15-20 minutes before going outside.
- () They will need an alternate, inside activity, as kids with asthma shouldn't be out in the cold.
- () They should go outside with the rest of the children, but refrain from doing any physical

activity so they don't aggravate their asthma.

() They will need a hot drink right when they come inside.

Fill in the blank and short essay. Be aware that you may be asked to clarify your answer in order to obtain credit for the course, so it's best to be as specific and detailed as possible in your answers.

20) It's the first day of school and your classroom is ready, having been deep-cleaned by both you and the custodial staff. Right before lunch, Luke comes to you, clutching his throat, audibly wheezing and saying that his asthma is making it hard for him to breathe. Name 4 possible triggers that may be causing Luke's symptoms.*

1: cleaning products

2: pet dander on other children's clothing

3: tobacco smoke on other children's clothing

4: air fresheners

5: Fragrances in lotions

6: The children are overexcited to be back at school

7: Pollen in the air

8: bus exhaust

9: Luke may have been excited or nervous about the first day of school

10: It's flu season and maybe he is beginning to get the flu

21) Sam, a seventh-grader, has a completed medication self-administration form on file at the school. He tells you that his cough is telling him that he needs his inhaler. You watch as he retrieves his inhaler from his desk, puts the mouthpiece between his lips, and presses down twice, quickly. He immediately takes the inhaler out of his mouth and says, "That should do it." Name 4 things that Sam did wrong when giving himself his inhaler medication. Assume that he is using closed-mouth technique.*

: _He did not shake the inhaler_____

: _He did not tilt his head back _____

: _He did not exhale prior to compressing inhaler and inhaling _____

: _He did not hold his breath for 10-15 seconds after inhaling the medication_____

We don't know whether his tongue was under the mouthpiece or blocking the medication

He should have only given himself one puff at a time

22) In what ways do you, individually, or your school as a whole, address the needs of students with asthma? Include information about the building itself, staff, and policies. Be specific, and provide details.*

23) Using the information that you learned from this course, what can be done to improve the asthma-friendliness of your classroom and school? What can you do differently, personally? What could your whole staff do together? How would you go about doing these things? Please be specific, and provide details.*